

Full Report (All Nutrients) 28311, Cookies, sugar wafer, chocolate-covered

Report Date: December 03, 2015 11:27 EST

Nutrient values and weights are for edible portion.

Food Group : Baked Products**Nitrogen to Protein Conversion Factor:6.25**

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 3.0 cookie 29g |
|--------------------------------|------|------------------------|----------------|------------|-------------------|
| Proximates | | | | | |
| Water | g | 1.73 | -- | -- | 0.50 |
| Energy | kcal | 526 | -- | -- | 153 |
| Energy | kJ | 2201 | -- | -- | 638 |
| Protein | g | 3.45 | -- | -- | 1.00 |
| Total lipid (fat) | g | 27.59 | -- | -- | 8.00 |
| Ash | g | 1.24 | -- | -- | 0.36 |
| Carbohydrate, by difference | g | 65.99 | -- | -- | 19.14 |
| Fiber, total dietary | g | 3.4 | -- | -- | 1.0 |
| Sugars, total | g | 51.72 | -- | -- | 15.00 |
| Minerals | | | | | |
| Calcium, Ca | mg | 0 | -- | -- | 0 |
| Iron, Fe | mg | 1.24 | -- | -- | 0.36 |
| Magnesium, Mg | mg | 45 | -- | -- | 13 |
| Phosphorus, P | mg | 117 | -- | -- | 34 |
| Potassium, K | mg | 311 | -- | -- | 90 |
| Sodium, Na | mg | 138 | -- | -- | 40 |
| Zinc, Zn | mg | 0.61 | -- | -- | 0.18 |
| Copper, Cu | mg | 0.265 | -- | -- | 0.077 |
| Selenium, Se | µg | 5.4 | -- | -- | 1.6 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 |
| Thiamin | mg | 0.094 | -- | -- | 0.027 |
| Riboflavin | mg | 0.215 | -- | -- | 0.062 |

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|------------------------------------|------|------------------------|----------------|------------|-------------------|
| Niacin | mg | 0.642 | -- | -- | 0.186 |
| Vitamin B-6 | mg | 0.048 | -- | -- | 0.014 |
| Folate, total | µg | 15 | -- | -- | 4 |
| Folic acid | µg | 10 | -- | -- | 3 |
| Folate, food | µg | 5 | -- | -- | 1 |
| Folate, DFE | µg | 23 | -- | -- | 7 |
| Choline, total | mg | 16.3 | -- | -- | 4.7 |
| Vitamin B-12 | µg | 0.15 | -- | -- | 0.04 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 1 | -- | -- | 0 |
| Retinol | µg | 1 | -- | -- | 0 |
| Carotene, beta | µg | 0 | -- | -- | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 2 | -- | -- | 1 |
| Lycopene | µg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin | µg | 4 | -- | -- | 1 |
| Vitamin E (alpha-tocopherol) | mg | 2.16 | -- | -- | 0.63 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Vitamin K (phylloquinone) | µg | 6.9 | -- | -- | 2.0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 17.241 | -- | -- | 5.000 |
| 4:0 | g | 0.014 | -- | -- | 0.004 |
| 6:0 | g | 0.002 | -- | -- | 0.001 |
| 8:0 | g | 0.002 | -- | -- | 0.001 |
| 10:0 | g | 0.004 | -- | -- | 0.001 |
| 12:0 | g | 0.003 | -- | -- | 0.001 |
| 14:0 | g | 0.131 | -- | -- | 0.038 |
| 16:0 | g | 10.931 | -- | -- | 3.170 |
| 18:0 | g | 6.112 | -- | -- | 1.772 |
| Fatty acids, total monounsaturated | g | 4.866 | -- | -- | 1.411 |

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|------------------------------------|------|------------------------|----------------|------------|-------------------|
| 16:1 undifferentiated | g | 0.045 | -- | -- | 0.013 |
| 18:1 undifferentiated | g | 4.821 | -- | -- | 1.398 |
| 20:1 | g | 0.000 | -- | -- | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 4.176 | -- | -- | 1.211 |
| 18:2 undifferentiated | g | 3.886 | -- | -- | 1.127 |
| 18:3 undifferentiated | g | 0.289 | -- | -- | 0.084 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 5 | -- | -- | 1 |
| Theobromine | mg | 178 | -- | -- | 52 |